



YOGA YELADIM IS FULL OF BLISS
Basic Lovely Impromptu Short Story

JEWISH HOLIDAYS

WHAT IS A BLISS?

A BLISS is a short story that provides a really nice flow for you to get from tushie to standing. There are four stages, and instructors will want at least ONE pose in each stage. Though, TWO is better.

Stage 1: Seated- Pretzel/Boat/TV Watching/Forward Bend/Inclined Plane/The slide/Table/Flower

Stage 2: Hands and knees- Cat/Cow/Raised Bow/Dolphin/Camel

Stage 3: Hands and feet- Downward Dog/Upward Dog/Three-legged Dog/Walk the Dog/Donkey Kicks

Stage 4: Standing- Tree/Eagle/Dancer/Warrior (Any)/Crescent moon

A typical BLISS contains four to six poses, but there is no wrong way as long as it is fun!

SHABBAT

Shabbat

"I'm READING A BOOK about how to prepare for Shabbat. Do you all know what Shabbat is? First we take out our CANDLE STICKS and set them in the holders so they are nice and straight. (Ramble for a moment so they hold the pose for a few breaths.) Then we bake our CHALLAH. (Forward bend with your arms crossed around the outsides of your feet). Keep baking that CHALLAH. Now, it has got to cool for a few moments. Wow, smell that fresh bread? Take a deep breath and smell it. (Pranayama)

Let us set the TABLE and make it pretty with our most special table cloth. Now it is time to pull some extra CHAIRS up, because we like to have company on Shabbat. You know what else I like to do on SHABBAT? I like to DANCE." (This is a great intro to Yoga Nagila.)



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ROSH HASHANAH

SHANA TOVA

“Let's prepare for Rosh Hashanah by making our holiday challah. (Sit up straight with your feet touching to make a bowl.) What ingredients do we need? (Reach up high to grab the ingredients that the kids shout out.) Hmmmm, let's stir our dough. (Make big circles with your upper body making sure to really stretch and lean back. Remind yogis to make their tummy tight when they lean back.) Our dough is looking good! What else do we need? (Repeat reaching up & stirring in both directions.) This looks good. Let's pound out our dough. (Lean forward & pat your legs.) Now it's time to make our challah round. (Sit in COW FACE and wrap your arms around your knees.)

What else should we put on our TABLE? CANDLES! Yes! Great idea! How about some beautiful FLOWERS?? What other Rosh Hashanah treats should we have? Honey? Great Idea! Let's do some BUMBLE BEE BREATHING and make our honey. Now we need some apples to dip in our honey for a sweet New Year. Let's go outside to the apple TREE and pick some. Shana Tova!”

ROSH HASHANAH

“It is almost Rosh Hashanah, the Jewish New Year. It is a special day in the Jewish calendar. The sanctuary is decorated with fresh FLOWERS. The curtains in front and the covers to the Torahs are replaced with white covers and curtains, and we use a special BOOK called a Machzor.

At home our TABLE is set for the holiday meal. There are fresh FLOWERS here, too. Tonight our CHALLAH is going to be round. The DOG is so excited because she can smell the big dinner that is coming. She keeps going UP and DOWN and getting in everyone's way. Even the CAT can tell something big is coming. Mother has cut the apples, and I get to help remove the HONEY from the jar. On Rosh Hashanah we dip the apples in the honey to symbolize the sweet year that is just starting. It tastes so good I get up and DANCE.”



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SUKKOT

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“Yom Kippur is over and so it is almost time for Sukkot! Let’s talk about how our food comes to us. Does it grow at Whole Foods? What about at Publix (your Super Market name)? NOOOOOOOO! Somebody had to grow it. They had to PLOUGH the fields so the seeds could be PLANTED. (Forward Bend after the plough, naming a different food every time you come forward and plant.) They STRADDLED the rows of seeds as they sprinkled water to the left and to the right. Under the HOT SUN (arms over head) even the FLOWERS were growing wild. Then it was finally time to harvest. We celebrate this harvest around our TABLES in a Sukkah. Sometimes we have so many people in the Sukkah there isn’t any room for CHAIRS. For a whole week we eat in our Sukkah, to remember that the Children of Israel lived in Sukkahs when they left Egypt. A Mitzvah of Sukkah is to shake the Lulav and the Etrog up and down, left and right, forward and back.”
(Great time to play Yogi Shake)

CHANUKAH

CHANUKAH

“Chanukah is here! It is time to light the CANDLES! (When lighting the Chanukah candles, have all the children lie down in PLOW. Walk around the room and as you tap a child’s feet, s/he will “light the candle” by lifting his or her feet into the air into CANDLE pose. Once all the candles are lit, you can have them very slowly “melt” back into plow and, just as slowly, all the way down to SAVASANA.) Now that the candles are lit, will you sing with me? Oh Chanukah, Oh Chanukah, come light (SHINING STAR) the menorah, let’s have a party. We will all dance the Hora. (All hold hands and dance in a circle.) Gather around the TABLE. We will give you a treat, DREIDELS (spin to the right, then to the left, on your mat) to play with, and Latkes to eat. Just like the lights of our CANDLES, let us remember that our lights shine and brighten the world around us.” (This is a great intro to "This Little Light of Mine" or "I am a Little Yogi")



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LIGHT YOUR CHANUKA CANDLES

"How many nights do we light our Chanukah Candles? 8! Let's light our CANDLES. (Roll up into CANDLE pose and back, 8 times. Call out the number each time. 1! 2! Etc... Chanukah Challenge: Count in Hebrew! After you light the last candle, roll up to your feet.) Our MENORAH is shining bright!"

TU B'SHEVAT

TU B'SHEVAT: HAPPY BIRTHDAY TREES!

"Tu B'shevat is sometimes called 'The New Year for Trees'. Let's celebrate by planting lots of new seeds! First we have to PLOW the fields, and then we can PLANT OUR SEEDS (touch wiggling toes to get your seeds). That's great! Keep it up! PLOW & PLANT! PLOW & PLANT! (Make grabbing your seeds/toes very silly.) What types of seeds do you think we planted? FLOWERS? (Ask yogis what types of flowers they are.) What a beautiful gift for the BUTTERFLIES in our garden this spring! What else did we grow? Of course! TREES! (Slowly stand up and grow into tree pose.) Tu B'Shevat is the New Year for TREES!"

PURIM

PURIM

"It is almost the holiday of Purim. On Purim, we read the scroll of Esther. A SCROLL (tootsie roll) is a rolled-up story. A SCROLL it is what scribes wrote stories on, before there were BOOKS. This was way before there were TVs to WATCH stories on.

In this story, there are lots of TWISTS and TURNS. However, there are no DOGS or CATS or COWS. We are told of a cruel decree from the evil Haman that WARRIORS should destroy all of the Jews in the kingdom. Fortunately, beautiful Queen Esther convinces the king to change his mind, and she saves the Jews from the WARRIORS of the wicked Hamen. Hamen himself was tied to a TREE and did not bother the Jews again.



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MISHLOACH MANOT

“It's time to make Mishloach Manot, our Purim Baskets, to give to our friends. (Sit with legs wide, backs straight.) What should we include? (Ask the children in your group for suggestions. Reach up, alternating hands, for items.) Cookies? Hamentashen? Fruit? Juice? Toys? Our basket is beautiful Let's wrap it up. (Take a deep breath, wrapping your arms around your knees. Roll your knees in circles, to the right and left.) Now let's share our baskets with our friends. (Everyone leans to the right, extending their arms. Then lean to the left, extending arms.) Chag Sameach! Let's all put our baskets on the TABLE. Now let's sit in our favorite CHAIR and relax.”

NOSH, NOSH A HAMENTASH

“Who loves hamentashen? Me too! Let's make some right now! Grab the ingredients and put them in our bowl (legs wide, backs straight). What do we need? (Let children shout out ingredients.) Mix it all up, stir left then stir right. (Remind them to keep their tummies tight when leaning back.) Ok, I think it's perfect. Let's roll out the dough (TOOTSIE ROLL).

What are we going to put in the center of our hamentashen? (Legs wide, backs straight, reach for ingredients.) Apricot! Poppy seed! Cherry! Yum! I think it's time to fold the dough (Stand Up). What shape is a hamentashen? Is it a square (MENORAH)? That is silly! Of course not. It is a TRIANGLE! Let's sit in our CHAIR and eat our yummy hamentashen.”



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PASSOVER/ PESACH

PASSOVER

“Moses was a very HAPPY BABY. His mommy rocked him back and forth, back and forth (ROCK THE BABY). But, in order to protect him, she put him in a BOAT that floated down the Nile River. Pharaoh’s daughter was sitting along the riverside where she would watch the birds and the HERONS and she saw the BOAT with the HAPPY BABY Moses in it. She STRETCHED forward (forward bend) as far as she could to save him, and named him Moses. Moses grew from a CHILD to a young adult in Pharaoh’s Palace. He became the HERO of the Hebrews when he led them from slavery to freedom. He used his STAFF (talking stick) to perform miracles and save them from the BACK BREAKING (rag doll) work of slavery. We celebrate the holiday of Passover to remember our freedom from Egypt. We tell the story of Passover every year, sitting at our TABLE for our seder. We eat matza, sing songs, and recline in our CHAIRS!”

SHAVUOT

SHAVUOT

“On Shavuot, we celebrate receiving the Torah. We all know the Torah looks like 2 rolled up TOOTSIE ROLLS. A loooooooooooooong time ago, 3,500 years, CHILDREN were sleeping with their families in a camp, when they heard the loud sound of the SHOFAR (blow with your hands or a kazoo). The Shofar got louder and louder and louder. Everyone was silent including the CATS, the COWS, and the LIONS. Not even a DOG barked. The people BOWED (rag doll) down while G-ds voice spoke out of the fire and the smoke at the top of the MOUNTAIN. The TREES trembled back and forth, side to side. The EAGLES flying around the left side of the MOUNTAIN stopped in mid-air. And the EAGLES flying around the right side of the MOUNTAIN stopped in mid-air, as the Hashem gave his Torah to the people. Today we rejoice with song and DANCE. (Great time to play Yoga Nagila.)



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Don't forget to check the Yoga Yeladim Facebook wall for more great ideas!